WHAT IS CLAIMED IS:

1. A content recording apparatus, comprising:

an outputting means for outputting a content which expresses a continuous change with time and has a reference position assigned at an intermittent timing;

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a first recording means for recording the content output by said outputting means onto a recording medium;

a first creating means for creating position information pointing a plurality of positions on the content output by said outputting means in parallel with an output operation of said outputting means; and

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a second recording means for recording the position information created by said first creating means onto said recording medium every time that said reference position is specified.

- 2. A content recording apparatus according to claim 1, further comprising a memory means for temporarily storing the content output by said outputting means, wherein said first recording means records the content stored in said memory means onto said recording medium in synchronous with recording by said second recording means.
- 3. A content recording apparatus according to claim 1, wherein said content is a motion image content encoded by an MPEG format, and said reference position is a position of a frame on which an intra-encoding is performed.

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- 4. A content recording apparatus according to claim 3, wherein said plurality of positions includes said reference position and a non-reference position, and said non-reference position is a position of a frame on which an inter-encoding is performed.
- 5. A content recording apparatus according to claim 1, wherein said first recording means stores said content in a first file formed in said recording medium, and said second recording means stores said position information in a second file formed in said recording

medium, and

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said content recording apparatus further comprises a connecting means for connecting said first file and said second file with each other.

- 6. A content recording apparatus according to claim 5, further comprising: a second creating means for creating an index content corresponding to said reference position; and
- a third recording means for recording the index content created by said second creating means onto said recording medium.
- 7. A content recording apparatus according to claim 6, wherein said third recording means includes a storing means for storing said index content in a third file formed in said recording medium, and a linking means for linking said third file with said connection file.
- 8. A content recording apparatus according to claim 7, wherein said linking means assigns an identifying number the same as said connection file to said third file.
- 9. A video camera having a content recording apparatus according to any one of claims 1 to 8.